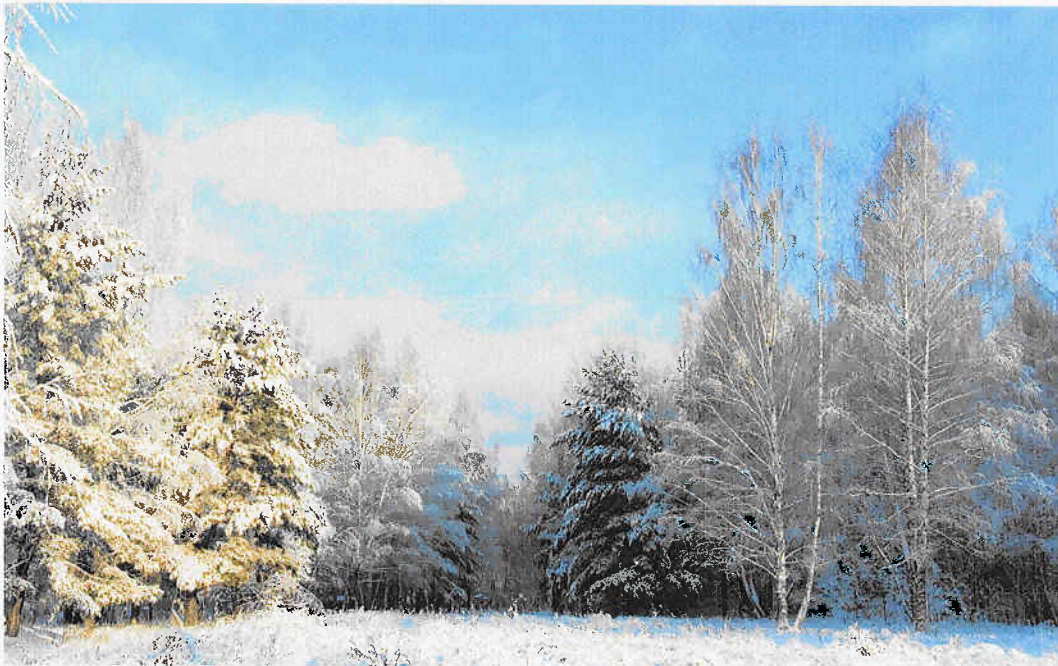




Families in Focus

Virginia Army & Air National Guard
Volume 4, Issue 1 January 2008



Message From the J1

Happy New Year! The New Year brings new talent and events to support our Soldiers and Families.

This month we will welcome Mrs. Vickie Sais as the State Family Programs Director. We add Mrs. Cindy Leipertz to our exceptional Family Assistance Center Staff at a new Powhatan office.

There are new responsibilities for some familiar faces as well. I know that Mrs. Kay Baber and Ms. Dana Ivory will continue to enhance our program in their new roles.

We will continue to provide and enhance marriage enrichment seminars and Family Readiness training while add-

ing youth and single Soldier events for our returning units.

We will soon reunite the families of some of our units while continuing to ensure those scheduled to deploy are well prepared.

I want thank and recognize ILT Karen Guadalupe for the superior dedication and professionalism she provided as the interim State Family Programs Director. She proved committed to the excellence and effectiveness of our program for all of us. She was invaluable to me during my transition and her efforts are worthy of our admiration and respect.

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Free Online Tax Filing From The IRS

IRS "Help" Online or Operator 24/7

Federal Online Filing Visit:
www.irs.gov

- W-2's: (Active) 22JAN08

https://mypay.dfas.mil/mypay.asp

Free File is the fast, easy, and free way to file your federal income taxes. If you earned \$54,000 or less in 2007, you can use Free File to prepare your taxes online beginning in mid-January 2008 right here at the IRS website.

With Free File, you can:

- * Get a fast refund, often in 10 days or less with Direct Deposit.
- * File your taxes any hour of the day or night.
- * Save paper-and that helps all of us. And, with Free File you can relax because you'll:
- * Benefit from Free File's automatic checks for accuracy.
- * Receive a quick confirmation within 48 hours that your return was received.

* Know that your return is safe and secure.

Free File is also available in SPANISH and is so easy you can do it yourself.

Free File will be available 24 hours a day, 7 days a week through our network of partners, but it's important to remember that you must access Free File through the IRS website at www.irs.gov. Made more than \$54,000 in 2007? You can still file your taxes online through efile at this site.

DFAS MYPAY:

2007 Tax Statements (W-2 and 1099) will be available on myPay as follows:

- Retiree 1099R - Now Available
- Annuitant 1099R - Now Available
- Air Force, Army and Navy Reserve W2 - Now Available
- Civilian W2 - Now Available

The upcoming tax season is

expected to start on time for everyone except for certain taxpayers potentially affected by late enactment of the Alternative Minimum Tax "patch." Following extensive work in recent weeks, the IRS expects to be able to begin processing returns for the vast majority of taxpayers in mid-January. However, as many as 13.5 million taxpayers using five forms related to the Alternative Minimum Tax (AMT) legislation will have to wait to file tax returns.

Returns that include the following forms cannot be filed until Feb. 11, 2008:

- *Form 8863 Education
- *Form 5695 Residential Energy Credits
- *Schedule 2 Form 1040A Child and Dependent Care
- *Form 8396 Mortgage Interest Credit
- *Form 8859 District of Columbia First-Time Homebuyer Credit

FAC Upcoming Wellness Calls

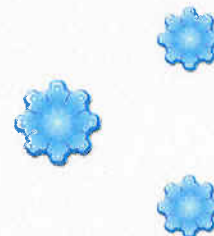
The Family Assistance Center currently has 3 Wellness Callers to contact Families of deployed soldiers.

The Wellness Callers will be contacting those families on a monthly basis to inquire how families are coping with the also be able to refer families to a FAC Specialist should there be any questions, concerns, or if any assistance is requested.

The Wellness Callers are a great addition to the FAC team and are another great tool for Virginia Family Programs to take care of our deployed soldiers families.

Wellness Callers Are:

- Julie Arrowood
- Karla Robbins
- Cara Wheeler





NMFA Spouse Education Scholarship Program

Military spouses wishing to obtain professional certification or to attend post-secondary or graduate school may apply online for the *Military Spouse Scholarship* \$500 to \$1,000 and may be used for board. Spouses of uniformed service Guard and Reserve, retirees, and



eligible to apply. **Applications will be accepted January 15 through March 15, 2008.** Visit www.nmfa.org for more information or sign up to receive scholarship email notices today!

NMFA Joanne Holbrook Patton Program. Scholarships range from tuition, fees, and school room and members (active duty, National survivors) of any branch or rank are

TRICARE Can Help Make New Year's Resolutions a Reality



Converting from retail to mail order can be accomplished 24/7 via the Web at www.express-scripts.com/TRICARE, or simply call 1-877-363-1433 to speak to a patient care advocate. The online MCC has proven surprisingly popular with beneficiaries, the majority switching over with the click of the mouse. In either case, the MCC patient care advocates contact physicians to have prescriptions switched over to TMOP.

Take regular heartburn medications? The copay on Nexium was recently lowered to \$3, and a two-year test of over-the-counter (OTC) medications allows beneficiaries to try Prilosec OTC for free. More money saved.

TRICARE's ongoing "Healthy Choices for Life" campaign is aimed at raising awareness of the problems of obesity, smoking and alcohol abuse. Statistically, service members smoke or chew tobacco at higher rates than the civilian population. Quitting tobacco is a New Year's resolution that will pay off in healthy dividends and now there is help through the Department of Defense (DoD) educational campaign "Quit Tobacco. Make Everyone Proud." Visit the new Web site www.ucanquit2.org

where users can develop a personalized plan for quitting, play games, listen to podcasts, connect to on-line cessation programs and even chat with a trained cessation counselor, seven days a week from 8:30 a.m. to 2:30 a.m. EST. TRICARE's "Kick Butts" multi-media feature on the Press Room at www.tricare.mil has even more helpful information, links and a list of some of the smoking cessation programs offered by the services.

The Art of Being a Military Child

Military Child Education Coalition is having a Festival "The Art of being a Military Child". The festival contains artwork, film and writing. This is open to all military connected children in kindergarten through high school. Use your imagination and have fun!

Deadline is March 3, 2008

Military Child Education Coalition www.MilitaryChild.org or call (254) 953-1923.





Anheuser-Bush Offer Extended 2008

Budweiser is honored to salute the men and women of our armed forces and their families. Throughout 2008, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's Sea-World, Busch Gardens or Sesame Place parks with a single-day complimentary admission.

Here's to the Heroes offered by Anheuser-Busch Adventure Parks has once again been extended. The offer has been extended through 2008:

For additional info go to:

<http://www.herosalute.com/states/index.html>

OFFER:

*Complimentary admission for active duty military representing

All five service branches, active members of a reserve or National Guard unit, and/or up to three direct dependants.

*Valid for one complimentary single-day admission per person, per year.

*Offer valid between 1/1/2008 and 12/31/2008.

Teen Spring Fling Weekend



Airfield 4-H Educational Center in Wakefield VA is partnering with the National Guard to offer a weekend especially for teens. All youth ages 14 to 19 can apply to attend an event 22-24 February 2008. **The Registration deadline is Friday 8 February.** The cost is \$59.00 which cover all meals, lodging and materials.

Refunds will not be issued after 15 February 2008.

The tentative schedule is:

Friday arrival between 8:00 PM and 10:00 PM Orientation, ice breakers and social time.

Saturday: leisure time, sports tournaments, t-shirt design and other crafts, educational sessions, team-building exercises, talent show, camp fire and dance.

Sunday: evaluations and reflection time, and a speaker ending about 10:30 AM.

From 10:30 to 12:00 National Guard Youth will continue to meet and discuss the Teen Adventure Youth Camp June 22-26 in New Castle VA, and the JR Youth Camp 3-8 August to be held at Camp Pendleton, VA Beach.

Please let everyone know to attend who is interested!

Youth Camp Dates 2008

If you are interested in helping again or for the first time with any of the following youth events **please contact Dana Ivory at 434-298-5330.**

May 24 1st Family Day Camp

Location : Abingdon 4-H Center

Youth: ages 5 and up

Cost: \$20.00 per person

(Open to all youth so bring a friend!)

June 22-26 Teen Adventure Camp

Location: Wilderness Adventure

Eagle Landing, New castle

info@wilderness-adventure.com

Ages 14 to 18

Cost: \$100.00 per teen

Space available: 30 First-come first-served

August 3-8 JR Youth Camp

Location: Camp Pendleton, VA Beach

Ages: 8 to 13

Cost: \$ 100.00 per child

Space available: 150 First-come first-served



Operation Military Kids Grants for FRG's



Virginia Operation Military Kids will award four mini grants up to \$250 each to support National Guard youth projects. You will need to contact Louetta Jones by February 25,2008. Funding can be used to purchase educational and teaching supplies. Food cannot be purchased with this funding. Reimbursements will only be made by receipts provided by the successful applicant.

For more information contact: Louetta Jones lojones@vt.edu or 804-733-1880 EX. 3905.



The 192d FW Moves to Langley AFB, Virginia

By Angeli Wade, Wing Family Program Coordinator



In 2002, I was having a conversation with the Fighter

Wing Commander when he informed me that the our Air National Guard Unit, 192d Fighter Wing, based out of Sandston Virginia, would be moving to Langley Air force Base in Hampton, Virginia. It had been rumored for the past 39 years that we were going to move to Langley AFB

Well, it happened!

As of October 13, 2007, the 192d Fighter Wing officially activated their flag in a ceremony held at the 27th Fighter Squadron hangar at Langley. We were officially transferred from Richmond International Airport to Langley AFB, integrating with the 1st Fighter Wing. To put it in very simple terms, "we got married!"

Our membership is still comprised of drill-status Guardsmen, fulltime, Active Duty Reserve, and military technicians who support three different missions: the Combat Air Force Logistics Support Center, the 480th Intelligence Wing Distributed Ground System and the 1st Fighter Wing's air dominance mission, the F-22A.

Because our move has been gradual, we have been able to contribute to every total force teaming on every Raptor deployment since May 2005. The 192d FW pilots are the first Guard pilots to be fully trained to operate the F-22.

So what do all of these changes mean for the families of the 192d FW? Partnership and resource multiplication are two thoughts that come to mind very quickly for our Family Program.

The Airman and Family Readiness Center (AFRC) has been a partner to the Virginia Air National Guard for some time, even before I came on board in December, 2001. In March of 2001, team members from the AFRC were on hand to support the 203rd RED HORSE Squadron as much and as long as they were needed after the crash and loss of 18 of our airmen returning home from two week training in Florida.

I met these wonderful people the very first week I came on board and they offered to assist us whenever we needed them.

Now that I have been here for a little over three months, their posture has not changed. The eleven member staff work hard not only to support me, our airmen and our families as we acclimate to the Langley AFB environment, but they also support each other in a way that is inspirational. They are out-of-the-box thinkers who are open to new programming and making things happen to improve quality of life for the entire community.

Another valuable partnership I have made is with the 1st Services Flight. We had a wonderful "Welcome to Langley"/ Family Day following the activation ceremony in October. The Flight Director rolled out the red carpet for our members and our families by opening up their state-of-the-art Youth Center for our use. We had food, fun, games and tours of the spectacular opportunities available for our families when they visit.

Col Pearsall, 192d FW commander, his wife, Debbie and MG Bob Newman and his wife Becky were given a personal tour by a member of the Youth Center Staff, with a pause taken in the

Game Room as the General shot a few baskets through the hoop!

One of our families won a bicycle during the

"Breakfast with Santa" event held in December on our Drill Weekend at the Youth Center, where about 650 families attended. This year we provided a lot of support to the effort in terms of manpower. (We do expect to give support as well as receive.)

There is so much to share

about the facilities, the classes, and training that are available to our members and families now that we are situated as part of the 1st FW family. But we also make it a point to not lose ourselves by taking every opportunity to fraternize with each other every drill weekend. Now we can take in a movie, go bowling or just enjoy each other in a good evening meal as a group since most of the members live outside of the area.

As with every new family, we are adjusting and maintaining our identity. We are earning respect for our work ethic and treated as valuable contributors to the missions in front us daily.

Has it all been without a hitch? Of course not. But the positive opportunities for mission and relationship building outweigh the bumps and adjustments. We are finding out what we are made of as a Unit and as a family. And guess what? We are going to be just fine!

Come on down and visit some time!

- Angeli Wade

Angeli.wade@us.af.mil

(O) 757-764-2388

(Cell) 804-338-4152

45 Nealy Ave Ste 102

Langley AFB, VA 23665



Angie Wade, WFPC is pictured talking with a spouse of deployed airman at one of the holiday events for families in December.



We Need Your Articles

Please send any articles and pictures that you would like added to the monthly newsletter by the **20th of each month** to be included in the following issue. They need to be emailed in a word document to Kay Baber at: kay.baber@us.army.mil and include your name and phone number.

Include things like deployment send offs to home comings, FRG events, youth activities, partnerships with community out reach , seasonal events: Christmas Parties, Easter Eggs Rolls, Summer Picnics to name a few.

We also want to help get your information out on up coming events you a planning in your regions for your families.



Family Assistance Centers Location

State FAC Coordinator

Norfolk FAC

Mrs. Tina Harrison
(757) 455-0829 *812
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tina.a.harrison@us.army.mil

Abingdon FAC

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Roanoke FAC

Melody McGhee
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Chatham/Southwest VA FAC

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Sandston FAC

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